

**LISTING OF THE CLAIMS**

Please amend claims 1, 3, 5-10 and 26-33 as set out below. This listing of the claims will replace all prior versions, and listings, of claims in the application.

1. (Currently Amended) A method for regulating carbohydrate and fat metabolism in an individual which method comprises replacing at least 10% of the individual's daily carbohydrate intake with amylase resistant starch and at least 10% of the individual's saturated fat intake with unsaturated fat.
2. (Original) A method according to claim 1 wherein at least 60% of the individual's fat intake is as unsaturated fat.
3. (Currently Amended) A method for enhancing fat metabolism in an individual which method comprises replacing at least 10% of the individual's daily carbohydrate intake with amylase resistant starch and at least 10% of the individual's saturated fat intake with unsaturated fat.
4. (Previously Presented) A method according to claim 2 wherein fat metabolism is regulated as exhibited by a reduction in fat accumulation and/or an increase in fat oxidation.

5. (Currently Amended) A method for reducing plasma leptin concentrations and increasing satiety in an individual, which method comprises replacing at least 10% of the individual's daily carbohydrate intake with amylase resistant starch and at least 10% of the individual's saturated fat intake with unsaturated fat.

6. (Currently Amended) A method of treating an individual suffering from obesity, which method comprises replacing at least 10% of the individual's daily carbohydrate intake with amylase resistant starch and at least 10% of the individual's saturated fat intake with unsaturated fat.

7. (Currently Amended) A method of lowering the incidence of obesity in an individual, which method comprises replacing at least 10% of the individual's daily carbohydrate intake with amylase resistant starch and at least 10% of the individual's saturated fat intake with unsaturated fat.

8. (Currently Amended) A method of lowering the incidence of non-insulin dependent diabetes mellitus in an individual, which method comprises replacing at least 10% of the individual's daily carbohydrate intake with amylase resistant starch and at least 10% of the individual's saturated fat intake with unsaturated fat.

9. (Currently Amended) A method of reducing the post-prandial plasma glucose and/or insulin levels in an individual following food consumption by the individual which method comprises replacing at least 10% of the individual's daily carbohydrate intake with amylase resistant starch and at least 10% of the individual's saturated fat intake with unsaturated fat.

10. (Currently Amended) A method of controlling an individual's body mass which method comprises replacing at least 10% of the individual's daily carbohydrate intake with amylase resistant starch and at least 10% of the individual's saturated fat intake with unsaturated fat.

11. (Withdrawn) A method of preparing a foodstuff for use in a method according to claim 1 which method comprises substituting constituents with a low resistant starch content with constituents with a high resistant starch content and substituting some or all of the saturated fats with unsaturated fats.

12. (Withdrawn) A method according to claim 11 wherein at least 5% of the carbohydrate content is replaced with resistant starch content and at least 10% of the saturated fat content is replaced with unsaturated fat.

13. (Withdrawn) A composition comprising at least 2g of resistant starch and at least 2g of unsaturated fat wherein the resistant starch is present in a proportion of at least 5% by weight of the total starch content.

14. (Withdrawn) A composition according to claim 13 wherein the resistant starch is present in a proportion of at least 5% by weight of the total carbohydrate content.

15. (Withdrawn) A composition according to claim 13 wherein some or all of the resistant starch is, or is derived from, a high amylose maize starch having an amylose content of 50% or more by weight.

16. (Withdrawn) A composition according to claim 13 wherein the unsaturated fat is present in a proportion of at least 25% by weight of the total fat content.

17. (Withdrawn) A composition according to claim 16 wherein the unsaturated fat is present in a proportion of at least 50% by weight of the total fat content.

18. (Withdrawn) A composition according to claim 17 from which saturated fats are substantially absent.

19. (Withdrawn) A composition according to claim 13 wherein the unsaturated fat is selected from one or more of a mono-unsaturated fat, a polyunsaturated fat, an omega-3 fat, and an omega 6 fat.

20. (Withdrawn) A composition according to claim 13 which further comprises at least one further ingredient selected from the group consisting of a flavoring agent, a vitamin source, a mineral source, an electrolyte, and a trace element.

21. (Withdrawn) A composition according to claim 13 in the form of a low calorie diet having an energy content of from 800 to 1200 kcal per day.

22. (Withdrawn) A composition according to claim 13 in the form of a diet having an energy content of more than 1200 kcal per day.

23. (Withdrawn) A composition according to claim 13 in the form of a diet having an energy content of more than 2000 kcal per day.

24. (Withdrawn) A composition according to claim 13 in the form of a powdery mixture, said powdery mixture being soluble, suspendable, dispersible or emulsifiable in a water-containing liquid.

25. (Withdrawn) A composition according to claim 13 in the form of granules.

26. (Currently Amended) A method for regulating carbohydrate and fat metabolism in an individual which method comprises administering to the individual a composition comprising at least 10g of amylase resistant starch and at least 2g of unsaturated fat wherein the resistant starch is present in a proportion of at least 10% by weight of the total starch content.

27. (Currently Amended) A method of enhancing fat utilization in an individual, which method comprises administering to the individual a composition comprising at least 10g of amylase resistant starch and at least 2g of unsaturated fat wherein the amylase resistant starch is present in a proportion of at least 10% by weight of the total starch content.

28. (Currently Amended) A method of reducing plasma leptin concentrations and increasing satiety in an individual, which method comprises administering to the individual a composition comprising at least 10g of amylase resistant starch and at least 2g of unsaturated fat wherein the amylase resistant starch is present in a proportion of at least 10% by weight of the total starch content.

29. (Currently Amended) A method of treating an individual suffering from obesity, which method comprises administering to the individual a composition comprising at least 10g of amylase resistant starch and at least 2g of unsaturated fat wherein the amylase resistant starch is present in a proportion of at least 10% by weight of the total starch content.

30. (Currently Amended) A method of lowering the risk of obesity in an individual, which method comprises administering to the individual a composition comprising at least 10g of amylase resistant starch and at least 2g of unsaturated fat wherein the amylase resistant starch is present in a proportion of at least 10% by weight of the total starch content.

31. (Currently Amended) A method of lowering the risk of non-insulin dependent diabetes mellitus in an individual, which method comprises administering to the individual a composition comprising at least 10g of amylase resistant starch and at least 2g of unsaturated fat wherein the amylase resistant starch is present in a proportion of at least 10% by weight of the total starch content.

32. (Currently Amended) A method of reducing the post-prandial plasma glucose and/or insulin levels in an individual following food consumption by the individual which method comprises administering to the individual a composition comprising at least 10g of amylase resistant starch and at least 2g of unsaturated fat wherein the amylase resistant starch is present in a proportion of at least 10% by weight of the total starch content.

33. (Currently Amended) A method of controlling an individual's body mass which method comprises administering to the individual a composition comprising at least 10g of amylase resistant starch and at least 2g of unsaturated fat wherein the amylase resistant starch is present in a proportion of at least 10% by weight of the total starch content.

34. (Cancelled).

35. (Cancelled).

36. (Withdrawn) A foodstuff comprising a composition according to  
claim 13.

37. (Withdrawn) A prepackaged meal comprising at least one meal  
component which comprises a composition according to claim 13.

38. (Withdrawn) A method for producing a composition according to  
claim 13 which method comprises replacing (i) some or all of the carbohydrate content of the  
composition with resistant starch and (ii) some or all of the saturated fat content of the  
composition with unsaturated fat.